

Share Pleasant Activities

Finding Positive Activities to Share with Your Loved One

Talk to your loved one about activities they may enjoy doing. The activities should be enjoyable and not too stressful.

Go hiking	Go to the movies
Play miniature golf	Play a board game
Go to the park	Go to the theater
Go to a museum	Make a nice meal together
Have a picnic	Work out at the gym
Go fishing together	Go hunting
Yoga	Solve a puzzle
Photography	Drawing or painting
Watch a favorite show or sports event on TV	Wood working activities
Attend a sporting event (minor league baseball, college or high school baseball, football or basketball)	Invite supportive friends or family members over for dinner

Positive Activities Action Plan

Positive social activities are an important part of the CRAFT approach. These activities can improve your own well-being, help your loved one feel less stressed and more happy, and can improve your relationship.

Positive activities that would be fun for my loved one and me are:

1.

2.

3.

4.

5.

I can plan positive activities by:

Things that might get in the way of positive family activities are:

The first positive activity I am going to try is: